Abstract of the disclosure

An impact absorbing structure for a vehicle side door which opens and closes an opening formed in a side part of a vehicle, the side door including: a door main body which has a door inner panel and a door outer panel joined to the door inner panel; and a door sash portion which extends upward from the door main body and supports a door window member, in which: a sash-side door trim which covers the door sash portion is provided in the door sash portion on the inside of a vehicle cabin; and an impact absorbing portion which absorbs an impact load when an occupant comes into contact with the sash-side door trim from the inside of the vehicle cabin is provided in a front longitudinal-side part of the sash-side door trim.